"CASCARETS" FOR SLUGGISH LIVER

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now.

Turn the rascals out—the headache, billounness, indigestion, the sick, sour stomach and foul gases turn them out so night and keep them out with Cancarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stom-

Don't put in another day of distress Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great,

A Cascaret to night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Chillove Cassarets because they never gripe or sicken. Adv.

Ingrates.

A couple of congressmen from Missouri were one day discussing the political non-activity of a number their constituents who, by their influence, bad been "placed."

This civil service idea is a fraud." said one of the representatives. "Just as soon as these fellows got warm in their scats they snapped their fingers at me. Once fixed, they made up their minds to do no more work for the party.'

"I have in mind," said the other member, "the case of a fellow in my district whom I helped to get into the internal revenue service. He was worse than any of the chaps to which you refer. Just as soon as he got his place he joined the church, and ever since he has been useless as far as our political organization is concerned.

No Better.

Herr August Bebel, the late German Socialist leader, whose funeral at Zurich was attended by 15,000 people, was not a pessimist.

"Herr Bebel," said a Chicago So cialist, "once denounced pessimism in my presence. He said that many of us become pessimists through reading in newspapers stories about the corruptionists of the entire world. Then, like little Karl's father, we adopt too skeptical a view of modern life.

Little Karl, he said, 'one day

"Papa, is there really honor among thieves?"

"No," the father replied. my son; thieves are just as bad as other people.""

Exception.

"It a all very well to talk of mod-eration, but did you ever hear of a war which could be carried on with soft measures?

Certainly, a pillow fight."

Are You a Captain? Willie-Paw, what is a captain of

Paw Any salaried man who can live within his income, my son

A FOOD DRINK

Which Brings Daily Enjoyment,

A sady doctor writes: Though busy hourly with my own affairs, I will not deny myself the pleasare of taking a few intimies to tell of my enloyment daily obtained from my

morning cut of Postum. It is a food beverage, not an irritant like coffee. It began to use Postum 8 years ago, not because I wanted to, but because coffee, which I dearly loved, made my nights long, weary periods to be dread-ed and unfilling me for business during the day.

the day.
"On advice of a friend, I first tried Postum, making it carefully as sugways used 'cream and no sugar.' I mixed my Postum so. It looked good, was clear and fragrant, and it was a pleasure to see the cream color it as my Kentucky friend wanted her cof-

fee to look-like a new saddle."
Then I tasted it critically, for I had tried many substitutes for coffee. I was pleased, yes, satisfied with my Postum in taste and effect, and amyet, being a constant user of it all these years. I continually assure my friends years. I continually assure my friends and acquaintances that they will like it in place of coffee, and receive benefit from its use. I have gained weight, can sleep and am not nervous."

Name given by Postum Co., Battle Creek Mich. Write for the little book, "The Road to Wellville."

Postum comes in two forms:

Regular Postum must be well

Regular Postum-must

Instant Postum is a soluble powder.
A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds.

"There's a reason" for Postum.

BETTER WITHOUT THE STARCH

Lingerie Waists Need Careful Treatment in the Laundry if You Want Them to Last.

Wash lingerie waists as usual, but do not starch When dry, dip in borns using one tablespoonful of borax to one quart of warm water. Wring out and fold in a towel for a hours. Then iron dry. The waists will not get mussed nearly as soon as when starched and are easier When ironing use a small Sprinkle some orris powder un der the ironing sheet and you will find that it will give a delicate perfume to the waists.

To have a nice, smooth starch, put a few drops of kerosene in and stir until blended with the starch. It will prevent the starch from sticking. When washing very delicate fabrics, uch as mult, organdy, net, lace, etc., stiffen with gum arabic. Dissolve the gum in hot water to a consistency of mucilage and keep bottled for use. Add a tablespoon to a large cup of water.

Elaborate net waists are best cleaned as follows: Fill a two-quart fruit can with gasoline, put the waist to be cleaned in this, serew the top on well and let stand overnight. In the morning shake the can back and forth. The motion will churn the dirt from the waist. If much soiled, ringe in fresh gaseline. Hang on the line until all odor has disappeared. Shake well and press with a warm iron. Net yokes and sleeves can be very successfully dry cleaned by rubbing gently in pul verized laundry starch and then shaking the starch out.

To clean the lace yoke of a gown without ripping it out, place under the lace a clean Turkish bath towel folded to several thicknesses, then scrub the lace well. An embroidery hoop is also of assistance and protection when cleaning a yoke. Put the soiled part of the yoke in the hoop and clean

Potatoes a la Haddam.

Material.-Potatoes, two cups; butter, three tablespoons; lemon juice one tablespoon; salt, one teaspoon; paprika, one-fourth teaspoon; chopped pareley, one tablespoon; kitchen bouquet, one-half teaspoon.

Utensils. Paring kulfe, measuring cup, tablespoon, teaspoon, potato cut-

Directions.-Wash potatoes, pare and scoop out perfectly round pleces. Throw them into salted water for ten minutes. Then cook in boiling water until tender but not soft. Drain and keep hot by standing in a pan of hot water. Cream the butter and add all the remaining ingredients. Mix carefully with the potatoes and serve them

Tomato Salad.

With the plump, crimson "love apple" at its best, tomate salad may well grace the family board at frequent intervals. Select solid, ripe tomatoes of even size and pour over them boiling water eneigh to cover. Peel and put on ice. When chilled, cut off a slice from the stem end, and with a spoon handle scoop out the center of the tomato. Cut some celery fine and mix with a mayonnaise or boiled dressing, and fill the tomato, allowing it to come well over the top Arrange nests of tender lettuce leaves on a dish, put a little mayonnaise on each and the tomato in the cen-ter of the dressing, pressing it down so that the dressing will spread out beyond the tomate.

Stuffed Eggs.

For six hard-boiled eggs take one cup of finely chopped cooked meat, one stopped falling. tablespoon melted butter, one-quarter cup of sweet cream. Season to taste. Cut the eggs in halves, carefully take out yelks and mix to a smooth paste with the melted butter. Add the meat and seasoning, mix with the cream gradually, as it may not all be needed. Stuff the eggs with this mixture, press together and roll in egg and bread crumbs. Fry in hot fat.

Pearl Cake.

Cream three-quarters cup of butter and 1% cups sugar, three-quarters cup white of eggs. Add one cup milk, 1% cups pastry flour, 14 cups prepared flour. Add one-balf teaspoon almond, one-half teaspoon vanilla. Bake in a moderate oven.

Soft Vanilla leing.-Mix teing sugar with rich milk, beat one minute and flavor with vanilla. This is one of the best of white cakes, and although a little more costly than some others, its fine texture will amply repay for the

Wash That Sticks.

in making whitewash that will not scale off, I find the following very good, writes a contributor to the Washington Herald. Dissolve glue in hot water, and add in the proportion of a pint of water to four gallens of whitewash; or dissolve an cunce of gum arable in a pint of boiling water and stir in, observing the same proportions. Before applying this or any other wash, scrape the wall clean and smooth. Another good method is to add ultramarine glue, as it gives a pretty tint

STOMACH MISERY GAS. INDIGESTION

"Pape's Diapepsin" fixes sick, sour, gassy stomachs in five minutes.

Time it! In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, or foul breath.

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest and most certain indigestion remedy in the whole world, and besides it is harmless.

Please for your sake, get a large fifty-cent case of Pape's Dispepsin from any store and put your stomach right. Don't keep on being miserable -life is too short-you are not here long, so make your stay agreeable. Eat what you like and digest it; enit, without dread of rebellion in the stomach.

Pape's Diapepsin belongs in your home anyway. Should one of the famlly eat something which don't agree with them, or in case of an attack of Indigestion, dyspepsia, gastritis or stomach derangement at daytime or during the night, it is handy to give the quickest rellef known. Adv.

BOOK HEROINE IN DUB CLASS

Plain Mrs. Brown Proved by Figures That She Had Her Beaten Without Any Trying.

Old Brown looked up from his book

and across at his wife.
"In this book," he said, "the heroine falls in love with the hero at first sight, and then waits ten years for

'What of that?' pooh poohed Mrs. Brown. "Why, I've waited 20 years for you"

"Twenty years!" gasped old Brown. "Why, you snipped at me when I popped the question after we'd been

courting a year."
"I know," replied his better half. 'And since then I've waited about five years for you to return from football matches, and four from cricket matches, and three for that new dress that your 'dead certainty' has been going to provide. I've waited upstairs, downstairs, inside, outside in fact, I've waited so long and regularly that, between you and me, that hero of yours strikes me as a miserable, impatient little enugwump!"-London

SAGE TEA DARKENS GRAY HAIR TO ANY SHADE. TRY IT!

Your Locks Youthful, Dark, Glossy and Thick With Common Garden Sage and Sulphur.

When you darken your hair with Sage Tea and Sulphur, no one can tell, because it's done so naturally, so evenly. Preparing this mixture, though, at home is mussy and troublesome. For 50 cents you can buy at drug store the ready-to-use tonle called "Wyeth's Sage and Sulphur Hair Remedy." You just dampen a sponge or soft brush with it draw this through your hair, taking one small strand at a time. By morning all gray hair disappears, and, after another application or two, your hair becomes beautifully darkened, glossy and luxuriant. You will also discover dandruff is gone and hair has flat side up, edges rounded, and all

Gray, faded hair, though no disis a sign of old age, and as we all desire a youthful and attractive appearance, get busy at once with Wyeth's Sage and Sulphur and look years younger .- Adv.

Too Deep.

Senater Tillman, who is an antisuffragist, listened calmly, at a dinner in Washington, to an impassioned speech by a brother senator in suf-

At the end of this speech a diner, as he applauded enthusiastically, said to Senator Tillman:

"He's a deep thinker, ain't he?"
"Yes," was the reply: "he can't talk
three minutes without getting beyond his depth."

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of Cart Flitchire
In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Only a Private.

"I am the captain of my soul."
"Are, eh? Well, I have a wife and a mother-in-law. I'm only a corporal.

Red Cross Ball Blue gives double value for your money, goes twice as far as any other. Don't put your morey into any other. Adv.

Goats may be raised profitably on land which is unsuited for any kind of cultivation

Building Must Afford Protection to Hens From Thieves and Predatory Animals-Guard Against All Dampness and Drafts.

(By PROF. JOHN WILLARD BOLTE) Success with chickens depends upon the house as much as any other one factor. Feeding and proper foundation stock are the other two great factors, but a poor house, or a good house improperly handled, will effectually cut down the egg yield, if it does not actually kill the chickens,

In modern poultry keeping the house has but two functions to perform. It must protect the hens from thieves and predatory animals, and it must protect them from drafts, dampness, and the direct rays of the sun-

Any house which does this is a satisfactory hen house if it is handled right and has the necessary interior



Where Failure Is Present,

equipment. The floor must be dry. windows and doors must be so located as to allow a maximum amount of sunshine on the floor during the winter, and the fowls must have actual out door conditions, as far as fresh air is concerned, night and day, winter as well as summer. You cannot give them too much air, if it is not drafty, and the roost is protected by a muslin curtain during very cold weather.

The old idea that the whole south side of the hen house should be glass, forming sort of a sun parlor, has been permanently exploded. It is better plan to have it all open to the weather, but the ideal arrangement is to have one window and a large opening beside it, which is guarded by chicken wire and may be closed by a hinged frame covered with unbleached cotton cloth, during stormy weather. Whether closed or open, this curtain frame permits of free circulation of air and the fowls are much healthier and lay better. The walls should be perfectly tight, but they do not need to be more than one thickness. Whitewash them inside twice a year, putting some good insecticide in the whitewash.

The floor should be either cement covered with earth, or earth alone. Wooden floors rot if covered and they harbor rats if they are raised.

on a level to prevent hens from crowding on the top one. Place the tight board platform to eatch the droppings, and clean it off at least once a week. Hang the nest boxes in a row under the dropping platform,



Poorly Kept Yard Where Rubbish Is Allowed to Accumulate

facing the rear, so that they will be darkened. Each nest should be at least 12x15 inches. Keep the floor covered with clean, dry bedding, six inches deep, during the winter, changing it monthly. A house 10x6 feet will accommodate 12 hens and a house 10x10 feet will be large enough for 25 hers.

Proper Shelter for Fowls Has Much to Do With Success. S CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative." and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sours, then your little one becomes cross, half-sick, feverish, don't ent. sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the sys-tem, and you have a well child again.

Millions of mothers give "California Syrug of Figs" because it is perfectly harmless; children love it, and it never falls to act on the stomach, liver

and bowels. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for bables, children of all ages and for grown ups plainig printed on the bottle. Adv.

Marks of Social Distinction. The Hugginses," said Sherlock Holmes, "are very popular with the

wealthy classes." "How do you know?" I queried con-

fident of a brilliant answer. "Because there are so many grease spois on the pavement in front of

their house." "I don't see the point," said L "You auto," said Sherlock.

"Is young Mrs. Mudge jealous?"
"I should say so! She will hardly
let her husband use the telephone, because she thinks 'Hello, Central!' sounds so offhand and familiar."

They are never alone that are accompanied by noble thoughts -Sir Philip Sidney.

Self-interest is the motive power that requires the least oil.

BE JOLLY

and thus prove that your liver is working properly. It is always the person with a "lazy liver" that is downhearted, blue and despondent. Cheer uphelp the liver and bowels in their work by taking

HOSTETTER'S STOMACH BITTERS

and you have the secret to health and happiness. Take a bottle home today.

Why Scratch?



"Hunt'sCure" is guaranteed to stop and permanently cure that terrible itching. It is compounded for that purpose and your money will be promptly refunded WITHOUT QUESTION if Hunt's Cure falls to cure itch, Eczema, Tetter, Ring Worm or any other Skin.

Disease. 50c at your druggist's, or by mail direct if he hasn't it. Manufactured only by A. B. RICHARDS MEDICINE CO., Sherman, Telle compounded for that

PREVENTIONbetter than cure. Tutt's Pills if takes to time are not only a remody for, but will prevent SICK HEADACHE,

liousness, constipution and kindred di



Iron Fence Easy, profitable work for spare time. No sapital required. Write for Agencs and Preceding Out? Home Fence Co. 840 MAIN ST., Cincinnati, O.

PISO'S REMEDY